

## **Choral singing strikes a positive note**

*Singing together brings physical, mental and communal benefits,  
writes local choir member Alison Sprigg*

Singing has long been recognised as an activity which promotes a sense of personal well-being, with significant benefits to physical and mental health.

As an aerobic activity, singing improves both circulation and posture by encouraging an increase in lung capacity – an effective antidote to our increasingly sedentary lifestyles. Equally important, though, are the benefits of singing to mental health; research has shown that singing as part of a group releases hormones specifically responsible for the feel-good factor which is so important in counteracting stress. Added to which, the sociable bond of singing together is a powerful and relaxing experience in itself, as well as being quite simply good fun!

In our local area, the various choirs celebrate their inclusivity in bringing music to the community; not only in keeping classical music joyfully and powerfully alive, but in offering a wide range of musical styles and performances, ranging from classical to rock and pop. Choirs involve professional musicians such as bands, orchestras and soloists whenever possible, in seeking to maximise the fun of rehearsing together and the thrill of singing in live concerts.

Local choirs are always keen to welcome new members, whether experienced or new singers, or those who may have sung previously and are now thinking of returning. Everyone is catered for, whether or not they read music. There is now a wealth of online assistance tracks which can be used as necessary to supplement the regular choir rehearsals – where help is always offered in any case.

Our choirs pride themselves on their friendliness, social activities and community links, and uphold the belief that cost should not be a barrier to participation.

The Eastbourne and District Choirs Association website, [www.eadca.uk/choirs](http://www.eadca.uk/choirs), lists many of our local choirs. So please do visit; a warm welcome awaits you at your local choir!